

शिक्षण प्रसारक मंडळी, पुणे



R. A. Podar College of Commerce & Economics AUTONOMOUS

Matunga, Mumbai - 400 019

An 'A+' Institution as Accredited by NAAC
Certified as 'Best College' by University of Mumbai

Tel.: 2414 3178 • Fax: 2414 1964 • E-mail: info@rapodar.ac.in
Website : www.rapodar.ac.in

Ref. No.: _____

Date: 15/06/2024

INTERNATIONAL YOGA DAY CELEBRATION

(In collaboration with NSS and NCC)

Dear Students, Faculty, and Staff,

We are pleased to announce that in celebration of International Yoga Day, a special yoga session has been organized on June 21, 2024.

Whether you are a beginner or have previous experience, this session is open to all. A yoga instructor will guide you through various asanas (postures) and pranayama (breathing exercises) to help you improve flexibility, balance, and overall health.

We encourage everyone to participate in this event and discover the transformative power of yoga.

Theme - Yoga for Self and Society

Yoga session - By Dr R. Prasanna Laxmi

Time: - 8 am- 9.30 am

Date: -21st June'2024

Venue: College Main Hall, R.A. Podar college of Commerce and Economics (Autonomous)

Please come dressed in comfortable attire suitable for yoga practice and bring your yoga mats or towels. We recommend arriving a few minutes early to secure your spot.

We look forward to your enthusiastic participation in this event.

Principal